



Serves: 4

Apple-Sesame Tart

Ingredients

- Fuji apple, peeled and sliced finely 250g
- White Sesame Oil 2 tbsp
- Water, as needed
- All-purpose flour 180g
- Salt ½ tsp
- Honey 1 tbsp
- Brown sugar 2 tsp

Tips:

- Enjoy the edible skins of fruit and vegetables as they provide additional fibre and nutrients.
- Use fresh fruit, dried fruit, fruit juice or fruit sauces as healthier alternatives over sugar to sweeten your desserts.
- Fruit and vegetables are low in sodium and high in potassium. This helps to maintain a healthy blood pressure.

Method

- Knead flour, honey, oil and add salt until dough-like texture. Add water if necessary.
- Wrap dough in cling film and keep in fridge for 1 hour.
- Place 4 cake molds in a greased baking tray. Divide dough into 4 portions. Press each portion into the bottom of a cake mold.
- Add apples on top of dough base.
- Sprinkle brown sugar on top of apple slices. Bake in oven for 20 minutes at 175°C.
- Serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 280kcal
Protein 4.9g
Total fat (g and % of total calories)
7.4g (23.5%)
Saturated fat 1.1g
Cholesterol 0mg
Carbohydrate 49.1g
Dietary Fibre 2.9g
Sodium 149mg